

Stir Fried Beef

Makes: 6 servings

Ingredients

1 1/2 pounds steak (sirloin)
2 teaspoons vegetable oil
1 garlic clove (minced)
1 teaspoon vinegar
1/8 teaspoon salt
1/8 teaspoon pepper
2 onion (large, sliced)
1 tomato (large, sliced)
3 cups potatoes (boiled, diced)

Directions

1. Trim fat from steak and cut steak into small, thin pieces.
2. In a large skillet, heat oil and sauté garlic until garlic is golden.
3. Add steak, vinegar, salt, and pepper. Cook for 6 minutes, stirring beef until brown.
4. Add onion and tomato. Cook until onion is transparent. Serve with boiled potatoes.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	280	
Total Fat	10 g	15%
Protein	27 g	
Carbohydrates	20 g	7%
Dietary Fiber	2 g	8%
Saturated Fat	3.5 g	18%
Sodium	110 mg	5%